



WHOLE WHEAT VS “ENRICHED” WHEAT

60% extraction-the standard for most wheat products in the United States

Including breads, noodles and pastas, baked goods like rolls or biscuits, and cookies

40% of the original wheat grain was removed, and only 60% is left

The 40% that gets removed includes the bran and the germ- its most nutrient-rich parts.

Over half of the vitamin B1, B2, B3, E, folic acid, calcium, phosphorus, zinc, copper, iron, and fiber are lost.

THEN

It is “enriched” with 4 synthetic B vitamins

Does that make you happy or healthy?